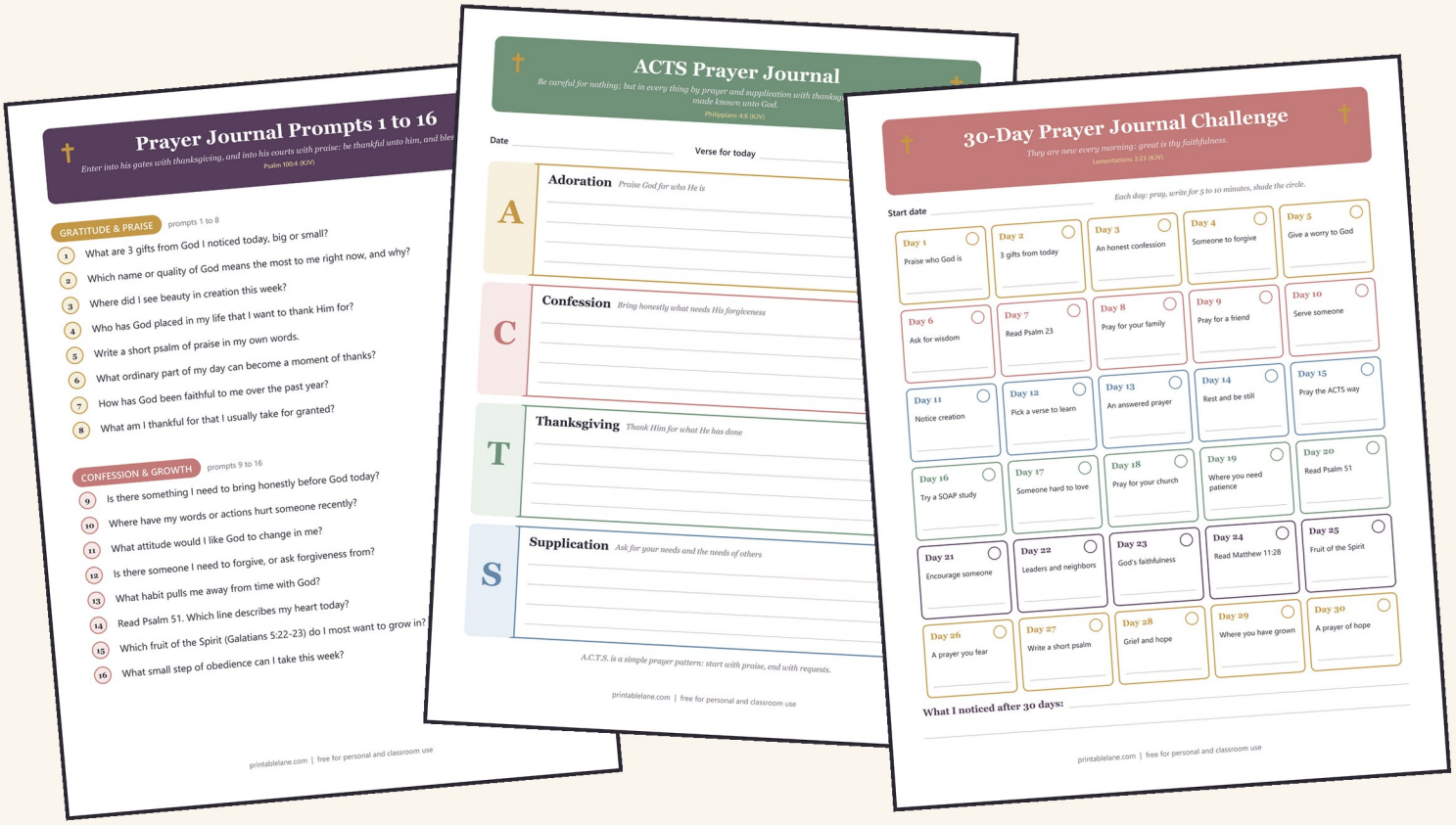
FREE PRINTABLE

Christian Prayer Journal Prompts

48 prompts in 6 themes + ACTS, SOAP, prayer list & 30-day challenge



10 pages | US Letter | print at home

printablelane.com | free for personal and classroom use

Prayer Journal Prompts 1 to 16

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

Psalm 100:4 (KJV)

GRATITUDE & PRAISE

prompts 1 to 8

1. What are 3 gifts from God I noticed today, big or small?
2. Which name or quality of God means the most to me right now, and why?
3. Where did I see beauty in creation this week?
4. Who has God placed in my life that I want to thank Him for?
5. Write a short psalm of praise in my own words.
6. What ordinary part of my day can become a moment of thanks?
7. How has God been faithful to me over the past year?
8. What am I thankful for that I usually take for granted?

CONFESSION & GROWTH

prompts 9 to 16

9. Is there something I need to bring honestly before God today?
10. Where have my words or actions hurt someone recently?
11. What attitude would I like God to change in me?
12. Is there someone I need to forgive, or ask forgiveness from?
13. What habit pulls me away from time with God?
14. Read Psalm 51. Which line describes my heart today?
15. Which fruit of the Spirit (Galatians 5:22-23) do I most want to grow in?
16. What small step of obedience can I take this week?

Prayer Journal Prompts 17 to 32

Trust in the LORD with all thine heart; and lean not unto thine own understanding.

Proverbs 3:5 (KJV)

ASKING & TRUSTING

prompts 17 to 24

17. What am I worried about right now? Write it out as a prayer.
18. What decision do I need wisdom for?
19. What do I want to ask God for, plainly and honestly?
20. Where is it hardest for me to trust God's timing?
21. Which need in my family can I pray about this week?
22. What have I been afraid to pray for, and why?
23. Where do I need patience while I wait for an answer?
24. Read Matthew 6:25-34. What does it say to my worries today?

SCRIPTURE REFLECTION

prompts 25 to 32

25. Which verse from this week do I want to remember? Copy it out slowly.
26. Read Psalm 23. Which line comforts me most today?
27. What does today's passage show me about who God is?
28. What does today's passage ask me to do, stop doing or believe?
29. Rewrite a favorite verse as a personal prayer, using "I" and "me".
30. Which person in the Bible do I relate to right now, and why?
31. Read Luke 15:3-7. What does it show me about how God sees people?
32. Which verse would I like to memorize this month?

Prayer Journal Prompts 33 to 48

Bear ye one another's burdens, and so fulfil the law of Christ.

Galatians 6:2 (KJV)

RELATIONSHIPS & SERVING

prompts 33 to 40

33. Who can I pray for by name today, and what do they need?
34. Who in my church or community is going through a hard time?
35. How can I encourage someone this week with a note, a call or a visit?
36. What is one practical way I can serve my family this week?
37. Who first showed me what faith looks like, and how can I thank them?
38. How can I be a better listener to the people closest to me?
39. Pray for a leader, teacher or neighbor. What do I ask for them?
40. Who is hard for me to love, and how can I pray for them honestly?

HARD SEASONS

prompts 41 to 48

41. What feels heavy today? Tell God exactly how I feel.
42. Read Psalm 34:18. Where do I need God to be near right now?
43. Which past hard season did God carry me through, and what helped?
44. What am I grieving, and what do I want to say to God about it?
45. Who can I ask to pray with me or for me?
46. Where do I need rest, and what would rest look like this week?
47. Read Matthew 11:28. What burden do I want to bring to Jesus today?
48. Write a prayer of hope for the season ahead.

You do not have to carry a hard season alone.
Reach out to a pastor, a trusted friend or a counselor if heavy feelings stay.

ACTS Prayer Journal

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Philippians 4:6 (KJV)

Date _____ Verse for today _____

A — Adoration

Praise God for who He is

C — Confession

Bring honestly what needs His forgiveness

T — Thanksgiving

Thank Him for what He has done

S — Supplication

Ask for your needs and the needs of others

A.C.T.S. is a simple prayer pattern: start with praise, end with requests.

SOAP Scripture Journal

Thy word is a lamp unto my feet, and a light unto my path.

Psalm 119:105 (KJV)

Date _____ Passage _____

S Scripture

Copy the verse or verses you read

O Observation

What does it say? What stands out to you?

A Application

How does it apply to your life today?

P Prayer

Respond to God in your own words

Weekly Prayer List

Pray without ceasing.

1 Thessalonians 5:17 (KJV)

Week of _____

Date	Who I'm praying for	Prayer request	Answered? (date)
			○ _____
			○ _____
			○ _____
			○ _____
			○ _____
			○ _____
			○ _____
			○ _____
			○ _____
			○ _____
			○ _____
			○ _____
			○ _____

Tick the circle when a prayer is answered and note the date beside it.

For myself this week: _____

Gratitude & Praise Journal

This is the day which the LORD hath made; we will rejoice and be glad in it.

Psalm 118:24 (KJV)

Week of _____

This week I thank God for...

Monday

_____

_____

Tuesday

_____

_____

Wednesday

_____

_____

Thursday

_____

_____

Friday

_____

_____

Saturday

_____

_____

Sunday

_____

_____

I praise God because He is...

circle the words that fit this week

faithful · loving · merciful · patient · kind · holy · wise · good · near · gracious · strong · my refuge

Answered prayers I want to remember

_____

_____

_____

_____

_____

_____

_____

My praise verse this week: _____

_____

Prayer Prompt Cards

12 cards | cut on the dashed lines, keep them in your Bible or prayer journal

GRATITUDE & PRAISE

What are 3 gifts from God I noticed today, big or small?

prompt #1

GRATITUDE & PRAISE

Write a short psalm of praise in my own words.

prompt #5

CONFESSION & GROWTH

Is there something I need to bring honestly before God today?

prompt #9

CONFESSION & GROWTH

Is there someone I need to forgive, or ask forgiveness from?

prompt #12

ASKING & TRUSTING

What am I worried about right now? Write it out as a prayer.

prompt #17

ASKING & TRUSTING

What have I been afraid to pray for, and why?

prompt #22

SCRIPTURE REFLECTION

Which verse from this week do I want to remember? Copy it out slowly.

prompt #25

SCRIPTURE REFLECTION

Rewrite a favorite verse as a personal prayer, using "I" and "me".

prompt #29

RELATIONSHIPS & SERVING

Who can I pray for by name today, and what do they need?

prompt #33

RELATIONSHIPS & SERVING

How can I encourage someone this week with a note, a call or a visit?

prompt #35

HARD SEASONS

What feels heavy today? Tell God exactly how I feel.

prompt #41

HARD SEASONS

Write a prayer of hope for the season ahead.

prompt #48

30-Day Prayer Journal Challenge

They are new every morning: great is thy faithfulness.

Lamentations 3:23 (KJV)

Start date _____

Each day: pray, write for 5 to 10 minutes, shade the circle.

Day 1 ○ Praise who God is	**Day 2** ○ 3 gifts from today	**Day 3** ○ An honest confession	**Day 4** ○ Someone to forgive	**Day 5** ○ Give a worry to God
Day 6 ○ Ask for wisdom	**Day 7** ○ Read Psalm 23	**Day 8** ○ Pray for your family	**Day 9** ○ Pray for a friend	**Day 10** ○ Serve someone
Day 11 ○ Notice creation	**Day 12** ○ Pick a verse to learn	**Day 13** ○ An answered prayer	**Day 14** ○ Rest and be still	**Day 15** ○ Pray the ACTS way
Day 16 ○ Try a SOAP study	**Day 17** ○ Someone hard to love	**Day 18** ○ Pray for your church	**Day 19** ○ Where you need patience	**Day 20** ○ Read Psalm 51
Day 21 ○ Encourage someone	**Day 22** ○ Leaders and neighbors	**Day 23** ○ God's faithfulness	**Day 24** ○ Read Matthew 11:28	**Day 25** ○ Fruit of the Spirit
Day 26 ○ A prayer you fear	**Day 27** ○ Write a short psalm	**Day 28** ○ Grief and hope	**Day 29** ○ Where you have grown	**Day 30** ○ A prayer of hope

What I noticed after 30 days: _____